

Mr Paul Kirkland

MB BS, FRCS (Eng). FRCS (ORL-HNS)

Scans, tests, services & treatments available



- Functional Endoscopic Sinus Surgery
- Tonsillectomy
- Septoplasty and Reduction of Inferior Turbinates
- Wax Microsuction
- Skin excision for skin lesions
- Ear, nose & throat (ENT)
- Neck Lump Service

Professional Profile

Mr Paul Kirkland is a Consultant Ear, Nose, and Throat (ENT) surgeon practicing in Kent and East Sussex. He has over 20 years of experience providing specialist ENT treatment as a consultant. Mr. Kirkland practiced in the NHS as an ENT Consultant at East Sussex Healthcare NHS Trust until 2025. He sees private patients at KIMS Hospital, The Royal Tunbridge Wells Clinic, Sevenoaks Medical Centre and LycaHealth Orpington.

Having graduated from St Thomas' Hospital Medical School, London in 1989, Mr Kirkland completed his specialist ENT training in London and the South Thames region. He later underwent specialised training in Head and Neck surgery at the Royal Marsden Hospital, London, and advanced training in thyroid and parathyroid surgery at the Hammersmith and Charing Cross Hospitals, London. He was awarded a Fellowship by the European Academy of Facial Plastic Surgery, training at centres in Amsterdam and Stuttgart.

Mr Kirkland received a national award in 2018 from the Royal College of Speech and Language Therapists for pioneering the first One-Stop Swallow Disorder Clinic in the UK.

Committed to delivering personalised care and optimal outcomes, Mr Kirkland prioritises patient involvement in decision-making and collaborates closely with Consultant colleagues in ENT and other specialities.

In his surgical practice, Mr Kirkland employs minimally invasive and endoscopic techniques to

speed up post-operative recovery and reduce the time required in hospital. This includes procedures such as Balloon Sinuplasty for sinusitis and Eustachian Tube Balloon Dilation.

Beyond clinical practice, he contributes to clinical research in ENT and endocrine surgery, with numerous publications in the medical literature.

Special Interests

- Rhinology
- Laryngology